

Centurion Run Club

Road Running - Risk Assessment

Hazard Category	Risk	Likelihood of Risk	Impact	Mitigation
car park – safe movement of vehicles and people	Collisions with other vehicles during peak times. Movement between car park and track during peak times Congregation outside the sports centre	Low	High	Car Park speed limit. One way system labelled on the floor Remind members need to maintain situational awareness when crossing or congregating in the car park.
Car park -theft	Theft of items in car	Low	Low	Car alarms Reminder personal items are left at own risk Remind members not to leave personal items in vehicles or unsecured at the track, there are personal lockers available at the sports centre to use
Hazard Awareness – Role of Run Leader	Foreseeable hazards considered in advance	High	High	Before leading a run, leaders to plan and communicate route. Leaders should consider hazards specific to their activity and highlight these to group members before starting the run. Leaders (and preferably at least one other group member) should carry a phone and count the members of their group to ensure that they finish with the correct number of group members.
Slips, trips and falls	Slips and trips can be serious, leading to cuts, bruises, sprains and strains or even broken bones	Medium	High	Ensure athletes wear adequate footwear. Get participants to communicate dangers to each other during activity Participants run together in groups, ensuring nobody runs alone. If a runner experiences an injury, ensure someone (preferably two people, at least one with a phone) stays with the person, and accompanies them back if necessary. Call emergency assistance if required. Ensure the runner is kept warm.
Medical issues	Asthma, injury, and other medical issues Serious underlying medical issues can have serious consequences and may require immediate attention.	Medium	High	Participants medical conditions are known by the run leader, so they are prepared to respond appropriately Participants run together in groups, ensuring nobody runs alone. If a runner experiences an injury, ensure someone (preferably two people,

				at least one with a phone) stays with the person, and accompanies them back if necessary. Call emergency assistance if required. Ensure the runner is kept warm.
Adverse weather conditions	Heavy rain and stormy weather can lead to difficult conditions underfoot or, in extreme cases, flooding. Wet conditions increase the risk of slips and trips, as well as to lapses of concentration or discomfort due to being outdoors in wet weather, or even the risk of frostbite or hypothermia in serious cases	Medium	Medium	Rainfall monitored throughout the day. Check weather warnings to assess risk to participants and run leaders. Any areas of concern shall be highlighted to participants and coaches before the session. Run leaders to assess the risk of slips, falls and extent of puddles on the track. If the session cannot be delivered safely due to the extent of the rain, the session will be cancelled
Adverse weather conditions	High winds could affect temporary structures, potentially leading to damage to equipment or injury to those standing nearby.	Medium	High	Wind speeds monitored throughout the day. Check weather warnings to assess risk to participants and run leaders. If the session cannot be delivered safely due to the extent of the rain, the session will be cancelled
Adverse weather conditions	Heat exposure can lead to sunburn, fatigue and dehydration. More severe consequences can include heat stroke or heat exhaustion.	Medium	High	Encourage runners to drink water, rest where needed and to wear appropriate sun protection – sunglasses, hat and sunscreen.
Adverse weather conditions	Snow and icy conditions can lead to difficult conditions underfoot. Ice conditions increase the risk of slips and trips, as well as to lapses of concentration due to discomfort. The risk of frostbite or hypothermia in serious cases	Medium	Medium	Weather monitored throughout the day. Check weather warnings to assess risk to participants and run leaders. Any areas of concern shall be highlighted to participants and coaches before the session. Coaches to do track walk to assess the risk of slips, falls and extent of puddles on the track. If the session cannot be delivered safely due to the extent of the weather, the session will be cancelled
Dark evenings	Not visible to other runners, cyclists, or vehicles leading to collisions	High	High	Wear high-visibility clothing in the darker nights. Encourage participants to wear head torches.

Personal injury	Runners experience sudden ill health or injury during the session	Medium	High	Participants run together in groups, ensuring nobody runs alone. If a runner experiences an injury, ensure someone (preferably two people, at least one with a phone) stays with the person, and accompanies them back if necessary. Call emergency assistance if required. Ensure the runner is kept warm.
Fire - sports centre toilets Track	People near a fire could suffer burns and/or smoke inhalation injuries. Being trapped with a fire can be fatal. Anxiety and panic caused by nearby fire.	Medium	High	Coaches to understand the fire safety and emergency procedures in the event of a fire. Outline procedures to participants.
Safeguarding	Unqualified coaches and volunteers in leading sessions and understanding of first aid.	Low	High	Coaches should all have up to date qualifications and DBS checked. Either be first aid trained or know the nearest first aider prior to each session.
Personal Safety	Participants separated from the group and lost.	Medium	Low	Leaders count number of runners and regularly ensure everyone is present. Group ensures that nobody runs alone. Runners ensure that they join a group appropriate to their ability. New members, or those unfamiliar with the local area, should ensure that they acquaint themselves with the group. Runners joining or leaving an organized run mid-way through should make their actions known to the rest of the group.
Road Safety	Dangers from road traffic	High	High	Cross roads together at crossing points where possible. Do not cross dual carriageways unless at a controlled crossing point. Minimise running on roads without pavements, if on such a road, keep to right side in single file.
Verbal harassment	Participants may be subjected to verbal harassment	Medium	Medium	Participants run together in groups, do not respond or acknowledge verbal harassment. Report all incidents to....
Assault	Participants may be subjected to assault	Low	High	Participants run together in groups ensuring that nobody is left behind. Warn runners and pay extra attention when running through high-risk areas. At least one member of each group should carry a phone. Report all incidents to...
Hazard Awareness	Participants may cause alarm to pedestrians and animals	Medium	Medium	Take care and keep an appropriate distance when passing pedestrians and cyclists, especially children, or the elderly or frail. Give lots of space when passing animals. Avoid running through fields with livestock, slow to a walk if necessary.
Specific needs – Blind Participants	Known injuries before running. Inappropriate clothing or footwear	High	High	Use a trained guide runner with clear communication Use a tether if both are comfortable and trained using it.

	Lack of resources to run			Coaches to do a surface check before the session. Where possible, reserve a lane for runner and guide.
Under 18 Participants	Known injuries and fuelling before running. Inappropriate clothing or footwear Check session is appropriate for under 18's	High	High	Coaches to ask youth or parent about injury before they begin session Coaches to check kit is appropriate for training and weather conditions. Speak with parent, if necessary. Coaches to adapt session to be age appropriate with reps and rest.

Key	Likelihood	Impact
High	Frequent – would be expected to occur at least monthly without mitigation	Serious – risk to life, risk of permanent disability, or irreparable loss.
Medium	Occasional – would be expected to occur at least once a year without mitigation	Substantial – risk of injury that would take many months to recover, or the loss of difficult to replace assets.
Low	Rare – expected to occur less than once per year.	Minor – an injury that may take a few days to recover, or the loss of replaceable assets.